

It Still Tastes Good

Having a limited diet doesn't mean you have to limit your tastebuds! Often times, when we choose to become vegan there is a present fear that you are giving up a significant portion of enjoyment. This fear does not need to become a reality.

Instead, as a vegan, you can reevaluate your options and create something unique and delicious with healthy and happy ingredients.

A wonderful example of this? A cheese-less cheese cake by social media raw, vegan guru, FullyRaw Kristina.

Ingredients:

- 2 cups of dried mulberries
- 2 cups of dried figs
- 1.5 cups of pitted dates
- 4 cups of cashews
- 7-10 frozen ripe bananas
- 2 cups of cashew milk
- 1 Tbsp. Cinnamon
- 1 vanilla bean
- 3lb of pitted cherries

FullyRaw Kristina is another magnificent resource when it comes to encouragement and recipes. Feel free to visit her webpage <http://www.fullyraw.com> or follow her on Instagram for some daily inspiration @fullyrawkristina.